

Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

Community Health Coalition, Inc.

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Healthy Sunday Topic: Breast Cancer

October is Breast Cancer Awareness month, an annual campaign that aims to increase knowledge and awareness of the disease. According to the American Cancer Society, every 2 minutes a woman in the United States is diagnosed with breast cancer -- that's everything from "stage zero" cancer (which some doctors believe shouldn't even be called cancer) to the deadliest form: invasive breast cancer.



According to **Avis Artis, MD.**, a **retired Obstetrician & Gynecologist (OB/GYN) from Harris and Smith OB/GYN in Durham** "Breast cancer is the most often diagnosed cancer and leading cause of cancer death in women worldwide. Knowing high risk factors for breast cancer can save lives (yours and the lives of the ones you love). About fifty percent of new diagnosis can be explained by known risk factors. Only ten percent of breast cancers are associated with a positive family history."

Avis Artis, MD

Established high risk factors include:

- (1) **Aging:** Your risk of developing breast cancer increases as you get older. Age 40-59 (1 in 27), age 60-69 (1 in 28), age 70+ (1 in 15), Whole life risk (1 in 8)
- (2) **Gender:** Breast cancer is 100 times more frequent in women than in men
- (3) **Race:** Caucasian women have the highest risk with a rate of 122 per 100,000 and 117 per 100,000 in black women
Despite this, black women are diagnosed with advanced disease and have a higher breast cancer specific death rate.
- (4) **Weight:** Being obese or overweight increases your risk.
- (5) **Menses:** Early onset of menses (before age 13) and late menopause (after 55)
- (6) **Pregnancy:** Late onset of first pregnancy (after age 35)
- (7) **Alcohol:** as little as three alcoholic drinks per week can increase your risk
- (8) **Work:** Night shift work increases your risk

According to the American Cancer Society: Five ways to reduce your breast cancer risk are:



- Watch your weight: This is true after menopause and for women who gain weight as adults. If you are at a healthy weight, stay there. If you are overweight try to lose a few pounds.
- Exercise: Brisk walking 1.5 - 2.5 hours can decrease your risk of breast cancer by 18%.
- Limit time spent sitting: Women who spend 6 hours or more outside of work have a 10 percent increase risk of breast cancer.
- Limit alcohol: As little as 2-6 glasses of wine per week has been shown to increase the risk of breast cancer.
- Limit hormone replacement therapy: If you and your physician decide on a course of treatment use the lowest dose for the shortest period of time necessary.

Remember:

Annual mammogram screening for women over the age of 40 and those at high risk,
Breast self-examination -Talk to your provider about technique and frequency, and
Control your weight by maintaining a healthy lifestyle and exercising regularly

For More Information:

- www.komen.org or 1-877-GO KOMEN
- Living Beyond Breast Cancer 1.888.753.LBBC (5222)
- Nat'l Cancer Institute's Cancer Info Services 1.800.4.CANCER
- Breast & Cervical Cancer Control Program (BCCCP) 919.707.5300



Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with Central Carolina Black Nurses' Council Inc., The Interdenominational Ministerial Alliance of Durham and Vicinity, NC Mutual Life Insurance Company and Duke Regional Hospital.

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!